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PONENCIA:

Is there a place for temperature-derived recovery modalities in managing and rehabilitating musculoskeletal injuries?.

RESUMEN:

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Abstract of the course:

From the 'World Conferences on Injury Prevention' we have learned that optimal rehabilitation is the most important preventive approach in recreational, competitive and elite sports by preventing re-occurrence of the injury. However, risk profiling and early detection in the pre-clinical stage, part of secondary injury prevention, are essential parts to support such an optimal rehabilitation program.

Based upon the healing time-lines of the injured tissues and the principles of rehabilitation, we know that such a rehab program contains different phases:

Phase 1: Acute Care Management, Early Motion and Basic Movement Retraining.

Phase 2: Basic Strength/Power and Proprioception.

Phase 3: Dynamic Neuromotor Strength, Endurance and Coordination.

Phase 4: Athletic Enhancement and Return to Activity.

Phase 5: Rehabilitation of Athletic Movement and Return to Competition.

For each of those phases the goals, precautions, needed physical therapy modalities, exercise progression and progression criteria are well defined to evolve to the next phase as they are all needed to make the return to competition of the injured athlete to his competitive level successful.

The question arises if, in addition to such a complete rehab protocol, recovery modalities based upon a temperature-derived approach can deliver additional value. Even though the landscape of such recovery modalities is still quite confusing, for each phase of rehabilitation these recovery modalities will be presented, discussed and demonstrated in a workshop.
